

# **Imagine Flourishing Feeling Good and Doing Good**

An introduction to positive psychology

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**Government of  
South Australia**

# Positive Psychology

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- “Positive Psychology is founded on the belief that people want to lead meaningful and fulfilling lives, to cultivate what is best within themselves, and to enhance their experiences of love, work and play” Martin Seligman
  - “Positive Psychology is an umbrella term for work that investigates happiness, wellbeing, human strengths and flourishing” Shelley Gable and Jonathan Haidt
  - Learn it, live it, teach it, embed it Geelong Grammar
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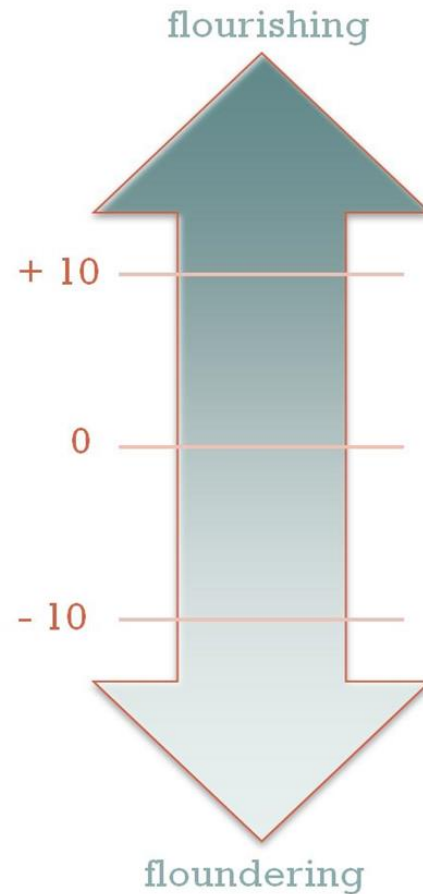
# Flourishing

The presence of wellbeing is  
**MORE THAN**  
the absence of illness



# What is wrong with you? & What is right with you?

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How do we go beyond 0  
(e.g. from +3 to +8)?

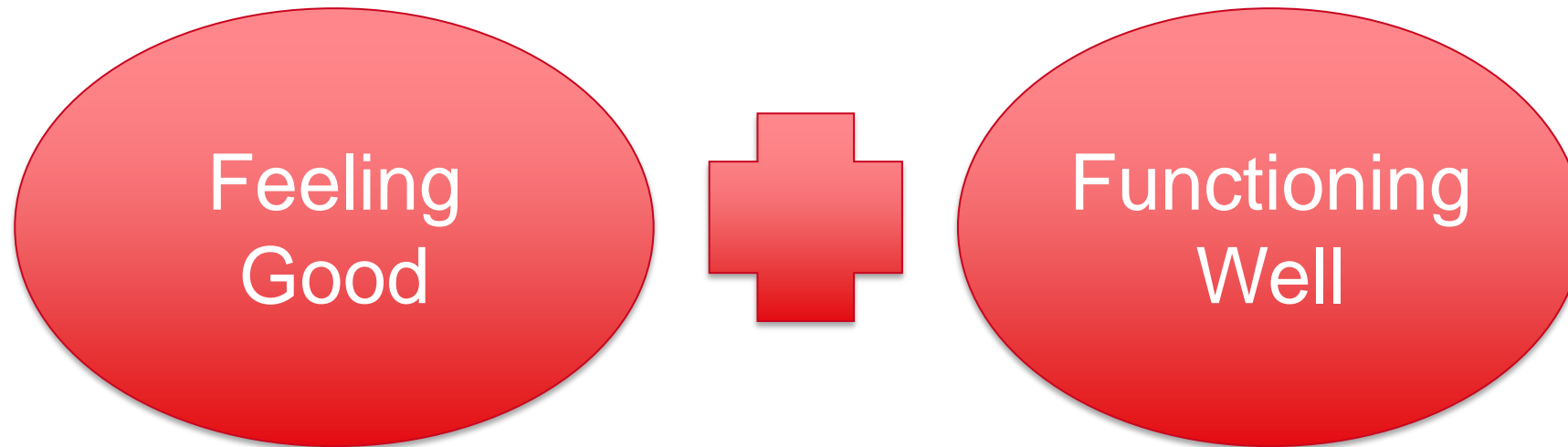
What is above the line is  
as important to study and  
be aware of, as what is  
below the line.

So much deficit-based  
psychology focused on  
getting people back to 0.  
There is a range of  
experience above and  
below neutral.

# Flourishing

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Flourishing has been described as;



Think about a time where you were feeling good and functioning well .....

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# PERMA Dashboard

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**P**ositive emotion  
**E**ngagement  
**R**elationships  
**M**eaning  
**A**ccomplishment



Strengths of Character – Virtues

Each is Measurable and each is Teachable

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# PERMA Plus Dashboard

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**P**ositive emotion

**E**ngagement

**R**elationships

**M**eaning

**A**ccomplishment

**Plus**

Sleep, Nutrition, Physical Fitness, Optimism

Strengths of Character – Virtues

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# Positive Psychology

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Positive Psychology is not just ....



## Why Positive Emotion?

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- The negativity bias
  - Broaden and Build theory
    - Positive emotions broaden our thinking and attention
    - Build our psychological resources and resilience
    - Undo negative emotions and trigger upward spirals Barbara Fredrickson 2001
  - The balance between positive and negative emotion is critical to wellbeing
  - Gratitude – hunt the good stuff
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# PERMA

## Positive Emotions

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Gratitude

Inspiration

Hope

Joy

Interest

Love

Pride

Awe

Serenity

Amusement

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Fredrickson, 2009

# PERMA

## Positive Engagement

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*Time stood still...*

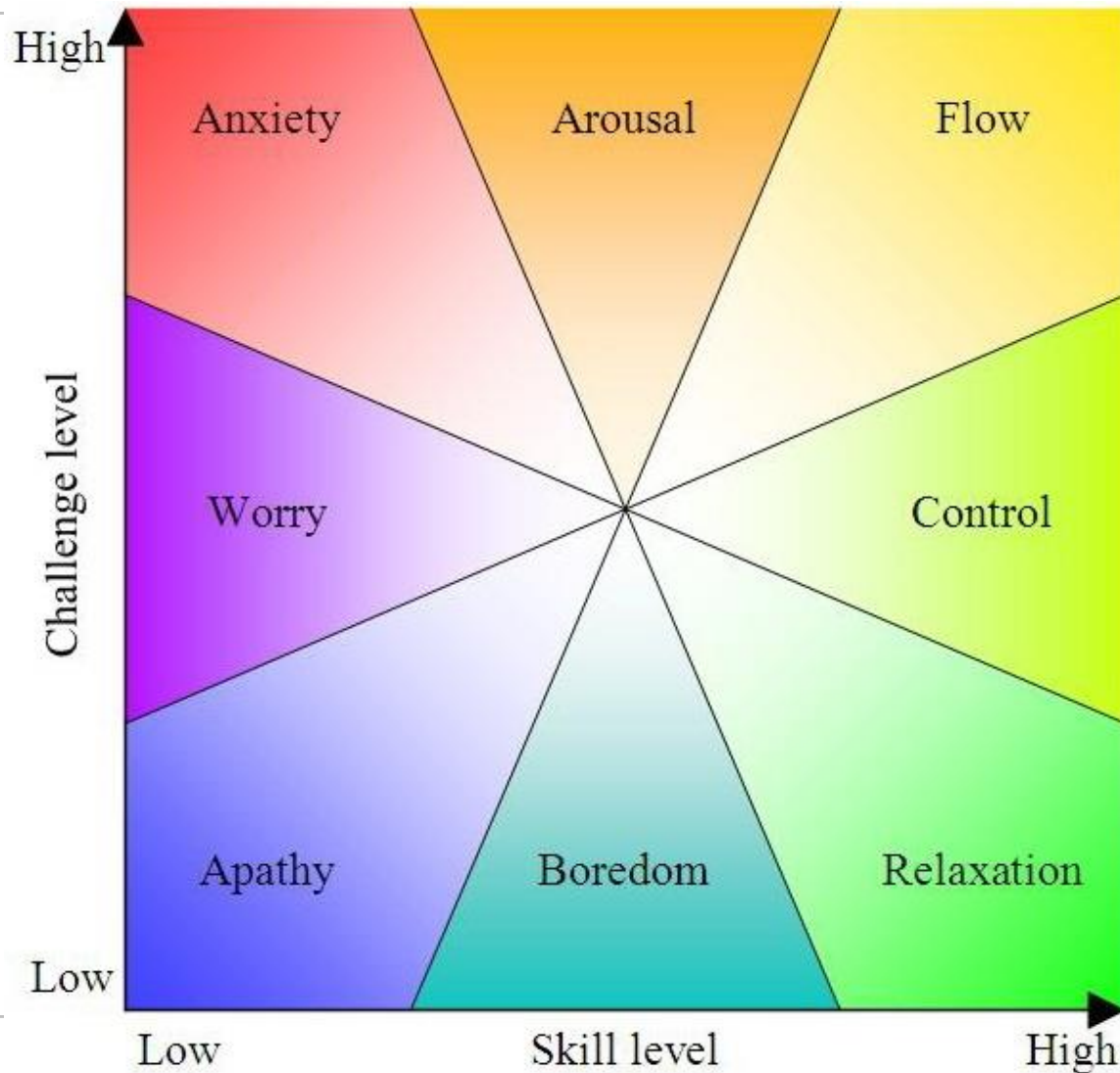
*“I was at one with the music”*

*“...so absorbed, nothing else seemed to matter”*

- **Ingredients for flow**
    - Completely focused motivation
    - Balance between the challenge of the task and the skill of the individual.
  - **Possible benefits**
    - Positive emotion
    - Rejuvenation
    - Improved performance
    - Further learning & skill development
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# PERMA

## Positive Engagement



# Flow

- Goldilocks task

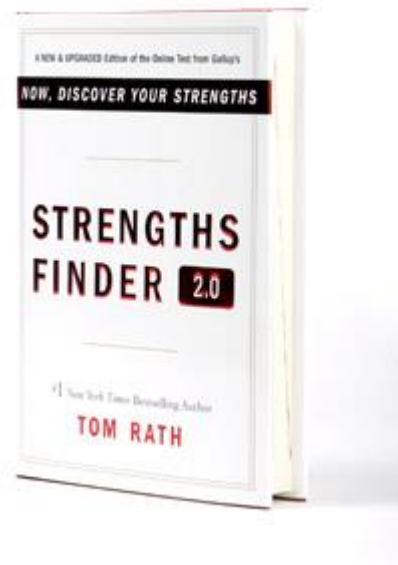
- Not too hard
- Not too easy
- JUST RIGHT



- Using character strengths more is one of the best ways to increase engagement

# Strengths Assessments

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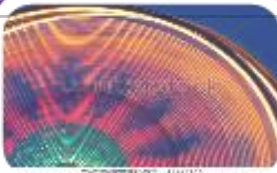



*{where the world finds strength™}*

<http://www.viacharacter.org>



# The 24 Character Strengths

 Transcendence	 Transcendence	 Justice	 Humanity	 Courage	 Wisdom
Appreciation of Beauty & Excellence	Forgiveness	Teamwork	Love	Bravery	Creativity
Spirituality	Humility	Fairness	Kindness	Perseverance	Curiosity
Gratitude	Prudence	Leadership	Social Intelligence	Honesty	Judgment
Hope	Self-Regulation			Zest	Love of Learning
Humour					Perspective

[www.viacharacter.org](http://www.viacharacter.org)

# Character Strengths

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Using your signature strengths typically:

- Builds positive emotion.
- Feels energising and satisfying.
- Fosters a sense of ownership and authenticity, as well as greater vitality and self-esteem.
- Increases the rate of learning something new.
- Increases happiness and decreases depression (at home and at work).

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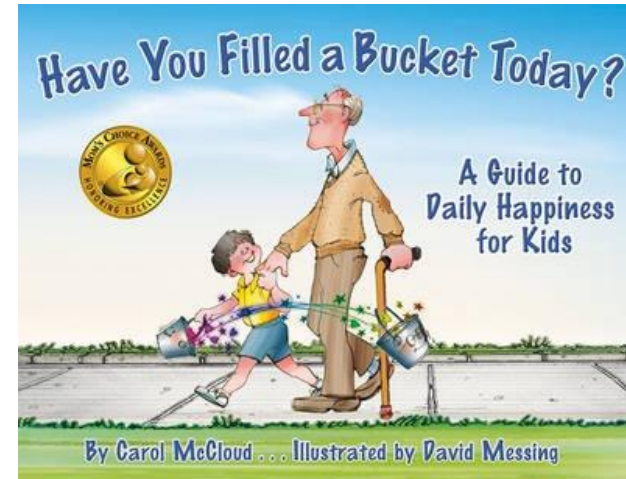
**How can you find ways to incorporate your signature strengths more in what you do?**

# PERMA

## Positive Relationships

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- Other people matter
  - Increase resilience
  - Increase feelings of autonomy, competence & relatedness (self-determination)
  - Buffer against depression
  - One of the strongest indicators of your satisfaction with life



# PERMA

## Positive Meaning

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- People who can identify a source of meaning in their lives report;
  - Greater happiness and life satisfaction
  - Physically and emotionally healthier
  - More resilience
  - Greater sense of control over their lives

	<b>Hedonic Activities</b> <i>Leisure, rest, fun, enjoyment</i>	<b>Eudaimonic Activities</b> <i>Learning, helping someone</i>
Short Term	Pleasant feelings, less negative emotions, more energy	
Sustainable		Greater life satisfaction

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# PERMA

## Meaning and Purpose

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- Who are you?
  - Who are you to others?
  - What do you give to others?
  - What are your core values?
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- Cultivating Altruism
  - Random Acts of Kindness
  - Considering priorities
  - Time machine – 110 year old self
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# PERMA

## Positive Accomplishment

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- **Fixed Mindsets**
  - You believe your talents and abilities are set.
  - You must prove yourself over and over, trying to look smart and talented at all times
- **Growth Mindsets**
  - You know that talents can be developed and that great abilities are built over time.
  - You believe your qualities can be cultivated through your efforts

Carol Dweck 2006

## • Self Esteem vs Self Worth

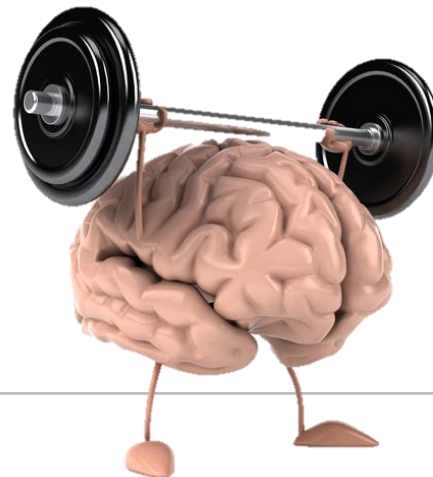
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# PERMA

## Positive Accomplishment

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- One pathway is GRIT
- Angela Duckworth PhD studies show grit is essential to high achievement
  - Roughly twice as important as IQ in academic success
  - GRIT = passion and perseverance for long-term goals (stick-to-it-ness)



# Pause for breath....

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‘We can have the experience, but miss the meaning...’  
(attributed to someone famous)

In what has been presented ....

- What struck you?
  - What surprised you?
  - What is the key point you have taken from the presentation so far?
  - One question I would like to ask the presenter is...
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# Positive Education and Wellbeing in ECEC

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- Children have a strong sense of identity
  - Children are connected with and contribute to their world
  - Children have a strong sense of wellbeing
  - Children are confident and involved learners
  - Children are effective communicators
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# Positive Education and Wellbeing in ECEC

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- **EDUCATORS** have a strong sense of identity
- **EDUCATORS** are connected with and contribute to their world
- **EDUCATORS** have a strong sense of wellbeing
- **EDUCATORS** are confident and involved learners
- **EDUCATORS** are effective communicators

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## Flourishing

# Positive Psychology and Wellbeing

Feeling Good      Doing Good

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